

**Executive Summary**

**2004 Maine  
General Population  
Drug and Alcohol Use Survey**

**REPORT TO**

**The Maine Office of Substance Abuse  
Department of Health & Human Services**

**PREPARED BY**

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## **I. EXECUTIVE SUMMARY**

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### **Current Work Situation:**

- Three-fourths (75.4%) of the 4,000 respondents surveyed indicated that they were employed during most of the 30 day period preceding the survey.
- Of respondents who are currently employed (N=3,017), 82.5% indicated that they are employed full-time (35+ hours per week), while 16.6% reported that they are employed on a part-time basis (<35 hours per week).
- Of those who are not currently in the workforce (N=983), 28.8% are full-time homemakers, 24.5% are disabled, 17.1% are retired, and 14.2% are students.
- The most common occupations of respondents who are in the workforce are “Professional” (11.5%), “Executive / Administrator / Manager” (11.3%), “Sales / Retail” (10.2%), “Healthcare worker” (9.7%), and “Teacher / Educator / Instructor / Ed. Support staff” (8.5%).
- Approximately two-thirds (66.2%) of respondents indicated that their primary source of income or support is from their wages or salary, while 19.4% reported that their primary source of income comes from a spouse, romantic partner, parent, other family member, or friend.
- Of the respondents who are currently in the workforce, 30.3% said that there are between 1 and 9 people working out of their particular facility and 17.5% indicated that there are between 10 and 24 employees where they work. While 23.5% responded that there are between 25 and 99 people working out of their particular facility, 27.2% indicated that there are 100 or more employees.
- The vast majority of respondents who are currently employed (93.4%) reported that they did not miss any whole days of work in the past 30 days because they “just didn’t want to be there”. In addition, more than eight in ten respondents who are currently employed (86.4%) reported that they did not miss any whole days of work in the past 30 days because they “were sick or injured”.
- Nearly nine in ten respondents who are currently employed (89.2%) described their current work to be challenging – either “moderately challenging” (46.3%) or “very challenging” (42.9%). Only 10.3% of respondents indicated that their current work is “not very challenging”.
- More than three-fourths of respondents who are currently working (77.2%) indicated that they have either “a lot of control” (43.8%) or “moderate control” (33.4%) over their current work assignments and workload. Twenty-two percent (22.3%) of respondents said that they have either “little control” (10.2%) or “very little control” (12.1%) over their work assignments.

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### Work Situation in Past 12 Months:

- Nearly two-thirds of respondents (62.9%) worked all 12 months of the previous year, while 8.9% worked between 8 and 11 months. Less than five percent (4.6%) of those surveyed indicated that they worked between 5 and 7 of the previous 12 months, and 6.3% were employed for 1 to 4 months. Seventeen percent (17.0%) of respondents did not work at all during the past 12 months.
- During the past 12 months, 14.0% of respondents have “voluntarily left an employer”, while 6.1% have been “threatened with the loss of their job due to layoffs, downsizing, mergers, and out-sourcing”. Four percent (4.3%) of respondents who have worked in the past year have been “involved with a work-related accident”, and 3.9% have “involuntarily left an employer because they were permanently laid off”. While 2.1% of respondents have “involuntarily left an employer because they were fired”, 2.0% have been “threatened with the loss of their job due to performance, attitude, or attendance issues” in the past 12 months.

### Substance Use:

- One-fourth of respondents (25.0%) indicated that they currently smoke cigarettes and/or use another form of tobacco.
- The table below lists past month, past year, and lifetime use of selected substances. Please note that use of all illicit drugs indicate non-medically prescribed use of the drugs.

### Summary Chart – Use of Selected Substances:

Of Total Sample Base		Total (N=4,000)
Past Month Use	Alcohol Use	56.6%
	Binge Drinking	20.0%
	Marijuana Use	4.0%
Past Year Use	Alcohol Use	71.7%
	Binge Drinking	36.6%
	Marijuana Use	6.6%
Lifetime Use	Alcohol Use	91.8%
	Marijuana Use	40.5%
	Hallucinogen Use	10.8%
	Cocaine Use	7.9%
	Painkiller Use	3.8%
	Stimulant Use	3.4%
	Tranquilizer/Sedative Use	2.7%
	Heroin Use	2.4%

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### **Substance Use (continued):**

#### Past Month Use

- More than one-half of respondents (56.6%) reported having used alcohol in the month preceding the survey. Males (61.5%) were more likely than females (51.8%) to report this behavior. In addition, respondents who are employed full-time (63.7%) or part-time (53.8%) were more likely than those who are not in the workforce (39.9%) to indicate that they have used alcohol in the past month.
- One-fifth (20.0%) of respondents indicated that they have participated in binge drinking in the past month (as defined by five or more drinks in a day for males and four or more drinks in a day for females). Males (24.6%) were more likely than females (15.6%) to report this behavior. In addition, respondents who are employed full-time (22.5%) or part-time (20.7%) were more likely than those who are not in the workforce (13.5%) to indicate that they have participated in binge drinking in the past month.
- Four percent (4.0%) of survey respondents reported having used marijuana in the month preceding the survey.

#### Past Year Use

- Approximately seven in ten respondents (71.7%) reported having used alcohol in the year preceding the survey. Respondents who are employed full-time (77.8%) or part-time (70.7%) were more likely than those who are not in the workforce (56.5%) to indicate that they have used alcohol in the past year.
- Just over one-third (36.6%) of respondents indicated that they have participated in binge drinking in the past year (as defined by five or more drinks in a day for males and four or more drinks in a day for females). Males (42.1%) were more likely than females (31.2%) to report this behavior. In addition, respondents who are employed full-time (40.8%) or part-time (37.2%) were more likely than those who are not in the workforce (26.0%) to indicate that they have participated in binge drinking in the past year.
- Nearly seven percent (6.6%) of survey respondents reported having used marijuana in the year preceding the survey.

#### Lifetime Use

- Nearly all respondents (91.8%) indicated that they have consumed at least one alcoholic beverage in their lifetime.
- Approximately four in ten (40.5%) respondents reported having used marijuana at least once in their lifetime. Males (44.6%) were somewhat more likely than females (36.3%) to report this behavior.
- Reported lifetime use of other illicit drugs was as follows: hallucinogen use (10.8%), cocaine use (7.9%), painkiller use (3.8%), stimulant use (3.4%), tranquilizer / sedative use (2.7%), and heroin use (2.4%).

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### **Substance Use at Work:**

- **Self-reported use of alcohol or illicit drugs while at work was very limited.**
- Five percent (5.0%) of respondents who worked in the past year reported feeling the effects or after-effects of alcohol use while at work in the past 12 months. One percent (1.0%) reported the same for drugs.
- Only one percent (1.1%) of those who worked in the past year indicated that they actually used alcohol during work hours or on work property.
- All other work-related substance use questions elicited response levels of less than 1.0%.

### **Drug and Alcohol Testing Policies at Work:**

- Just over one-fourth (26.2%) of respondents who are currently employed reported that their workplace or business tests its employees for drug or alcohol usage.
- Nearly one-fifth (19.8%) of all currently employed respondents indicated that their workplace tests its employees for drug or alcohol usage “as part of the hiring process”, and 15.4% reported that their employer conducts drug or alcohol tests “on a random basis”. While 13.5% of currently employed respondents said that their employer administers drug or alcohol tests “based on the reasonable suspicion of a supervisor”, 11.8% of respondents reported that their workplace tests its employees for drug or alcohol usage “following a work-related accident”.
- In all instances, male respondents were more likely than female respondents to report that their workplace has these types of testing policies. In addition, those who are employed on a full-time basis were slightly more likely than those employed on a part-time basis to report that their workplace administers drug or alcohol tests under the four conditions specified above.
- Nearly two-thirds (62.2%) of respondents who are currently employed reported that their employer has provided them with information related to the use of alcohol or drugs, which could include a written policy regarding employee use of alcohol or drugs. Respondents who are currently employed on a full-time basis were more likely than those employed on a part-time basis to report that their workplace has provided them with information related to the use of alcohol or drugs (65.1% versus 48.7%).
- One-half (50.5%) of respondents who are currently employed reported that they have access to an employee assistance program (EAP) at their workplace. Respondents who are currently employed on a full-time basis were more likely than those employed on a part-time basis to report that their workplace offers an employee assistance program (54.7% versus 30.5%).

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### Drug and Alcohol Testing Policies at Work (continued):

- Approximately forty-five percent (44.7%) of respondents indicated that they would be more likely to want to work for an employer that tests its employees for drug or alcohol usage “following a work-related accident”, and 36.8% said that they would be more likely to want to work for an employer that conducted such tests “as part of the hiring process”. While 35.9% of respondents reported that they would be more likely to want to work for an employer that tests its employees for drug or alcohol usage “based on the reasonable suspicion of a supervisor”, 33.4% would be more likely to want to work for an employer that administered such tests “on a random basis”.
- Residents of Region III (Northern/Down East Maine) and Region II (Central/Western Maine) were more likely than residents of Region 1 (Southern Maine) to indicate that they would be more likely to want to work for an employer that tests its employees for drug or alcohol use: “as part of the hiring process” (46.2% and 39.3% versus 28.0%, respectively), “on a random basis” (42.8% and 34.6% versus 25.7%), “based on the reasonable suspicion of a supervisor” (42.1% and 37.3% versus 30.4%), and “following a work-related accident” (54.0% and 46.3% versus 36.7%).
- Additionally, respondents who are not currently employed were more likely than those who work either full-time or part-time to indicate that they would be more likely to want to work for an employer that tests its employees for drug or alcohol use: “as part of the hiring process” (46.0% versus 35.3% and 27.1%, respectively), “on a random basis” (41.6% versus 31.6% and 26.2%), “based on the reasonable suspicion of a supervisor” (41.0% versus 34.6% and 33.0%), and “following a work-related accident” (50.5% versus 43.9% and 37.2%).

### Recent Health Care Experience

- Nearly one-half (45.2%) of respondents indicated that they have not visited a doctor’s office or an outpatient clinic for any personal health care needs during the past 3 months. While 25.7% of those surveyed said that they have made 1 visit to a doctor’s office or outpatient clinic in the past 3 months, 11.5% reported that they have made 2 visits.
- Approximately nine in ten (88.9%) respondents indicated that they have not visited an emergency room or trauma center for their health care needs during the past 3 months. While 8.3% of those surveyed said that they have made 1 visit to an emergency room or trauma center in the past 3 months, 2.0% reported that they have made 2 visits.

### Treatment for Alcohol or Other Drug Use:

- Only 6.0% of respondents reported that they have received treatment for their alcohol or other drug use at least once in their lifetime. While there were no significant differences by regional or age for reported lifetime alcohol or drug use treatment, there was a slight difference in the reported rates for males (8.2%) and females (3.9%).
- Of the 242 respondents who have received treatment for their alcohol or other drug use, nearly three in ten (28.6%) indicated that they have received alcohol or drug treatment in the past 12 months. This represents 1.7% of the total sample.

## **II. BACKGROUND AND OBJECTIVES**

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In July, 2004, Strategic Marketing Services (SMS), a full-service market research firm located in Portland, ME, was commissioned by the Maine Office of Substance Abuse (OSA) to conduct a statewide quantitative research study on drug and alcohol use and abuse issues. Technical assistance on this project was provided to the Maine Office of Substance Abuse and SMS by the American Institutes for Research (AIR) of Chapel Hill, North Carolina and Johnson, Bassin & Shaw, Inc. (JBS) of Silver Spring, Maryland. AIR and JBS are two organizations which are under contract to provide consulting services to the Center for Substance Abuse Treatment (CSAT) on substance use and abuse issues.

The principal objectives of this project were to:

- Evaluate the prevalence of alcohol and drug use and abuse among Maine residents aged 18 to 64; and
- Measure the impacts of the use and abuse of alcohol and drugs on workplace performance.

The statewide survey benchmarked some of the issues evaluated in the 1997 Maine State Household Survey conducted for OSA by the Research Triangle Institute (RTI). Due to significantly lower funding levels on this occasion and the added objective related to substance use at the workplace, the survey length used in this instance was abbreviated considerably, focused on key issues of substance use, and included new areas of inquiry pertaining to alcohol and drug use and abuse in the workplace.

In order to reach the stated research objectives, the survey instrument focused on the following key areas:

### **Respondents' current employment situation**

- Current employment status
- Occupation
- Primary source of income
- Number of employees at current workplace
- Number of work days missed in the past month due to "skipping"
- Number of work days missed in the past month due to illness or injury
- Perceived challenge level of current work; and
- Perceived control over work assignments and workload.